

THE LUMMI NATION QUIT SMOKING PROGRAM Breathe Free EVERY MONDAY

5:00 – 6:30 pm
McKenzie ROC

Smoking tobacco is a serious addiction. It isn't easy to stop, especially if you started as a teenager. Nicotine is one of the most addictive drugs we know. It acts faster than a shot of heroin and it is harder to kick than most addictions.

We are just beginning to understand tobacco addiction and how to treat it. Now, with medications, the nicotine patch,, gum and careful planning, it is possible to break the addiction and experience freedom and vitality.

As you prepare for your journey to smoke-free living, you will become more conscious of your needs, fears, and triggers that kept you from changing. And with the help from the group, you will learn to make positive changes.

Realize that anytime you change a behavior it will feel strange and uncomfortable. That is normal, but so is the feeling of confidence and strength that comes from being successful as you complete something that was very hard to do. And you can do it!

By the end of the program you will be able to:

- Understand the addiction process
- Learn skills in problem solving
- Acquire skills to overcome the urge to smoke
- Experience the stress reducing effects of exercise and relaxation techniques
- Develop positive coping strategies
- Understand and use relapse prevention techniques

**DINNER WILL BE PROVIDED
DOOR PRIZES**

To register contact: Kathy Charles 384-2386 or
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